



Roasted Sweet Potatoes & Pineapple

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



5

CALORIES



332 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar packed
- 1 Tbsp butter melted
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 3 cups pineapple chunks fresh ()
- 2 lb sweet potatoes peeled cut into 3/4-inch chunks (4)

Equipment

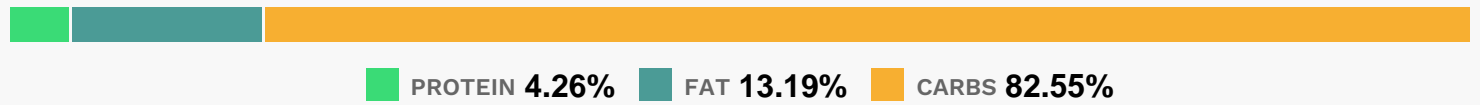
- bowl
- baking sheet

oven

Directions

- Heat oven to 400F.
- Combine potatoes and pineapple in large bowl.
- Mix remaining ingredients until blended.
- Add to potato mixture; mix lightly.
- Spread onto rimmed baking sheet sprayed with cooking spray.
- Bake 45 to 50 min. or until potatoes and pineapple are tender and golden brown, turning after 30 min.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:18.02, Inflammation Score:-10, Nutrition Score:16.044347776667%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 331.57kcal (16.58%), Fat: 5.03g (7.74%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 70.81g (23.6%), Net Carbohydrates: 63.52g (23.1%), Sugar: 39.77g (44.19%), Cholesterol: 6.11mg (2.04%), Sodium: 239.23mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Vitamin A: 25886.64IU (517.73%), Fiber: 7.29g (29.15%), Vitamin B6: 0.5mg (24.89%), Manganese: 0.48mg (23.94%), Potassium: 812.65mg (23.22%), Copper: 0.43mg (21.66%), Vitamin C: 17.75mg (21.51%), Vitamin B1: 0.29mg (19.25%), Magnesium: 68.29mg (17.07%), Vitamin B5: 1.47mg (14.69%), Vitamin K: 11.04µg (10.51%), Phosphorus: 98.1mg (9.81%), Iron: 1.61mg (8.96%), Calcium: 88.48mg (8.85%), Vitamin B2: 0.14mg (8.32%), Vitamin B3: 1.44mg (7.21%), Folate: 27.25µg (6.81%), Vitamin E: 0.82mg (5.49%), Zinc: 0.7mg (4.67%), Selenium: 2.05µg (2.93%)